

EVALUATION OF THE COLLECTIVE AND EGO ORIENTATON OF THE ATHLETES FROM THE “SHUMEN” BASKETBALL CLUB

(Preliminary communication)

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Abstract

The sports team represents a small social group. In its development, this group grows into a sports team. The sports team is a group of athletes, who besides the individual goals, also share common goals and common tasks associated with achieving the sports excellence, and personal and collective sports achievements. The common purpose and common tasks turn the sports team into a collective subject of sports activities. Within any sports team there are two special strivings, which are formed naturally, and each of them “fights” to dominate over the other. One is strive for unity of the team and the other is called strive for disunity. The mental states that arise in the team are the result of these two trends, which are interrelated: the tendency of integration and the tendency of differentiation. The opinion of the athletes - men and women from the basketball club “Shumen” - on whether the victory in sport is a result of the mastery of the team or they highlight their personality is examined by using a test. The research was realized on a sample of 111 athletes from the basketball club “Shumen” tested from the age groups of men, adolescents, the male cadets' direction and girls and female cadets of the representative teams. In order to assess whether the individual defines the victory in sport as a demonstration of the mastery (collective orientation) or stresses on the self (ego orientation), we applied a test that contains 13 questions, 7 of which are a measure of collective orientation, and the other 6 - ego orientation. The results are presented in percent. The obtained results suggest that the age, different experience and confidence in their abilities to succeed among the players of basketball club “Shumen” in male and female direction is different. The positive in all groups is that they have the highest percentage (about 30) of the high score for the collective responsibility for success.

Keywords: *team orientation, individual orientation, basketball teams, self confidence*

INTRODUCTION

A unique feature of the human mind is the ability for self-reflection, awareness of one's own skills and building a self-image. This image is central in the regulation of behavior, long-term planning, goal setting, and the formation of social interactions. It serves as a kind of coordination system that relates the events in the personal life and achieves their evaluation and consideration. Ivanov (Иванов), (2008).

According to Trifonov (Трифонов), (1987) the consciousness represents a summarized reflection of the most significant for the individual events and information; it is a look into and awareness of the own experience. The consciousness is connected and is implemented with increased experience of the realized action. The emotionality is included, and is subject to the judgment in the process of realization. Consciousness is only inherent to the personality formed in social conditions. The highest peak is self-consciousness is understood as turned to itself consciousness (Trifonov (Трифонов),

1996). Man spends most of his life in various small groups with their intragroup relations, relationships, subordinations, expectations and social roles assigned to each member thereof. The interactions of the individual in society are realized by the small groups in which he participates. They are not only conducive to the influence of social institutions and major groups on the mentality of the individual, but are also an important area of his life where he is realized as a social being. This makes social psychologists for a very long time to study intensively the various problems related to small groups (Ivanov & Ivanov (Иванов & Иванов), 2006..

The sports team is a small group of social contact. Every sports team apart from a common - typical for the group, psychological characteristic also shares a unique - a specific aspect. The unique psychological aspect of this team is determined by the personality of the individual players, as individuals with individual consciousness. The uniqueness itself is not a constant, it changes and develops. At the heart of this change

stands the improvement of individual members and their relationships. (Popov (Попов), 2002). Since the relationships in the sports team are of great importance, they are subject of extensive research. For this purpose, many different methodologies are applied: sociometry, group assessments and self-assessments, opposite characteristics, consistency of sports activities and others. The analysis of the reasons for selection allows a deeper understanding of the relationships in the team. (Parvanov (Първанов), 2001).

The aim of the study is to examine the opinion of the athletes - men and women from the basketball club "Shumen" on whether the victory in sports is a result of the mastery of the team or they highlight their personality.

METHODS

A test was used to assess whether the individual defines the victory in sport as a demonstration of mastery (collective orientation) or stresses on the self (ego orientation), which contains 13 questions, 7 of which are a measure of collective orientation, and the other 6 - ego orientation. The questions start with the statement "I feel most successful in sports when..." I am the only one who can manage the game and skills; 2) I study a new task and this motivates me to practice more; 3) I can do more than my friends; 4) Others cannot overcome the difficulties as well as I do; 4) I study something which amuses me; 5) The others make mistakes, but not me; 6) I study a new task and work very hard; 7) I work really hard; 8) I make the most points, etc.; 9) What I study makes me practice more; 10) I am the best; 11) What I study really works out; 12) I give everything that is within my power. The answers are given in a 5 - point scale where: 1 = Strongly disagree; 2 = Disagree; 3 = Neutral; 4 = Agree; 5 = Strongly Agree.

111 athletes from the basketball club "Shumen" are tested from the age groups of adults, adolescents and

cadets within the male formation, as well as girls and female cadets within the representative teams (Mekenzi (Македжи), 2011). The ego-oriented questions are: 1, 3, 4, 6, 9, 11. The collective-oriented questions are: 2, 5, 7, 8, 10, 12, 13. The average value of the collective-oriented questions is calculated as the sum of the points for these questions which is divided by 7, and the same is done for the ego-oriented questions, as well as the total of the points is divided by 6. An average value between 1-low and 5-high is received for each orientation.

RESULTS AND DISCUSSION

Results from applied test are presented in Table 1. and Table 2. with the following order: index 1 are the results of the girl cadets, index 2 - girls, index 3 – cadets, index 4 - adolescents and 5 - men, E denotes the ego - orientation, and respectively, K - collective orientation. For easier interpretation, the results are presented as a percentage.

We have received the following data in the group of cadets aged up to 16 - 68% of them showed a low score (21% with a score of 1 and 47% with a score of 2) of ego orientation, and only 8% - showed a high one. This age of the women's division is characterized by 67% (33% with a score of 4 and 34% with a score of 5) a high degree of collective orientation. Similar results were scored with the girls from the age of 18 - 72% have a low valuation of the personal qualities to win and 76% accept success as a collective product.

The male formation of basketball club "Shumen" shows different results from those of the females. Cadets have approximately equal percentages of estimation on their personal share of success - ego orientation (21% low score of 1, 20% with a score of 2, 20% with 3, 15% with 4, 24% with high score of 5). Their highest percentage in the evaluation of their collective expression - 27% is a low score of 1.

From the obtained data we notice that in the

Table 1. Results obtained for women

	VALUES WOMEN				
	1	2	3	4	5
E1	21	47	11	13	8
K1	8	10	15	33	34
E2	37	35	16	9	3
K2	7	9	18	36	30

Table 2. Results obtained for men

	VALUES MEN				
	1	2	3	4	5
E3	21	20	20	15	24
K3	27	12	20	23	18
E4	13	20	36	21	10
K4	12	5	21	24	38
E5	17	21	16	30	16
K5	11	17	12	29	31

adolescents with the increasing years and the gaming experience players have a higher level of collectivity. Indicator of this is that 62% of them (24% with a score of 4 and 38% with a score of 5) have given a high score that the results are due to team effort. In the men's team, we observe the highest values with 30% with a score of 4 for ego orientation, and 31% highest score of 5 for the collective orientation. This shows both confidence and self-assessment of their personal qualities and suppression of personal ego in the name of collective action.

If we compare the results for the two genders, we find a significantly higher degree of the collective organization among the representatives of the weaker sex; while we can relate that with their high discipline and the execution of the instructions from the coach. The men demonstrate statistically different levels of ego and team orientation at different ages and a higher level of confidence than women do.

CONCLUSION

The conducted studies show that the age, the different experience and their confidence within their abilities to succeed among the players of basketball club "Shumen" in male and female direction is different. The positive in all groups is that they have the highest percentage (about 30%) of the high score for the collective responsibility for success.

We recommend that the coaches use players with high personal confidence and ego orientation as leaders of the formations so that the confidence in their own sports mastery may lead to the team's sports achievements.

Toward the common aim and the common tasks, the

players with high collective assessment should be used to convert the sports team into a collective subject of sports activities.

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